

UNCLE SAM—Yes, I had a merry Christmas, and I'll have a happy New Year yet, you bet! 

## IF I WERE A GIRL," Rev. A. N. White Says to His Congregation,

"If I were a girl I would seek to be be beautiful and winsome. There is an attraction in beauty, and I should want to be attractive. You ask me, what do I mean by beauty? A pretty face? Yes. A pretty face? Yes. A pretty form? Yes. A pretty face? I would strive for all of these things. But more than these, I would strive earnestly for the fundamental principles. Lake a boy, a girl has a tripartite nature. There is the physical side, the intellectual side and the spiritual—the body, the mind and the spiritual—the body, the mind and the soul. And if I were a girl I should strong and true, that I might not be irritable but rather companionable.

would any form of compression of the body. In my opinion it is more to bake cookies that are estable, to cook potatoes in four or five different wars, to set the table and to wait on it cheerfully and properly. I would learn how to sweep, to make the bed, to mend my feet to the top of the highest ribbon on my feet to the top of the highest ribbon on my feet to the top of the highest ribbon on my feet to the top of the highest ribbon on my feet to the top of the highest ribbon on my feet to the top of the highest ribbon on my feet to the top of the highest ribbon on my feet to the top of the highest ribbon on my feet to the top of the highest ribbon on my feet to the top of the highest ribbon on my feet to the top of the highest ribbon on my feet to the top of the highest ribbon on the top of the stocking on my feet to the top of the highest ribbon on the top of the stocking on my feet to the top of the highest ribbon on my feet to the top of the highest ribbon on my feet to the top of the highest ribbon on my feet to the top of the highest ribbon on my feet to the top of the highest ribbon on my feet to the top of the highest ribbon on my feet to the top of the highest ribbon on my feet to the top of the highest ribbon on my feet to the top of the highest ribbon on my feet to the top of the top of the stocking on my feet to the top of the stocking on my feet to the top of t

EWS despatches have reported seek to get hold of the principles which "And, if I were a girl, I would be briefly the experiment of the Rev. make for beauty." Methodist Church, Chleago, who used a atc. I would be temperate in the use of stang. Oh, girls, "If I were a girl I would be temperate in the use of women is the girl who uses slang you would not have reason to look back many things. I would be temperate in the use of women is the girl who uses slang you would not have reason to look back would not have reason to look back. Then, I would seek earnessity to learn "If I were a girl I would seek to be would avoid any form of compression of how to do housework, to make bread

BAG PUNCHING FOR WOMEN. By Miss Frances Namon, J J J J # # # the Famous Woman Athlete.

punching is the ideal indoor ex- the most scientific.

rapidly and well. It is the proper action of the blood that clears the complexion. This stroke brings into play a greater builds up tissues and makes the thir woman fat, or burns out unhealthy adlpose tissue and makes the stout good polse to the neck. Always hit the coursing fast through the voins is a tre, and this will prevent a rebound and for nearly all physical ills that a bruised nose. This, however, will be are remediable.

If a woman has a complexion like part of the game to keep out of harm's paste, bag punching will start the slugthe color of peaches and cream, if any had been an invalld with nervous dyspepsia for three years, and now I have the appetite and the digestion of a Bag punching exercises ever muscle in the body, and especially those that have a tendency to take on fat. It develops the chest and shoulders and neck, and reduces the waist.

It requires no teacher, and there's a Unlike fencing, it does not require an antagonist. Exercise can be duce her weight rapidly. Punch the bag

OY punching a rubber bag for ten taken in evening dress or street coa-twenty-five times with the right arm

strike straight out from the shoulder number of muscles than any other, and it tends to expand the chest and give a Plenty of good blood bag, if possible, a triffe above the cen-

understood with practice, and it is a

Bag punching is almost if not quite When I began practice I as valuable as fencing in making a woman graceful in movement and light on her feet, as the saying is. She will find in a short while that the easiest and best position for striking the bag is toes of the feet, the right foot a little in advance of the left. This will give

her a springy step and an easy and graceful carriage. Ten minutes a day is long enough for strong point in its favor for the average athletic exercises for the average woman, or twenty minutes if she wants to re

minutes a day for a week a woman tume just as well as in the most up-to-ewing, rest a few moments, and then try date symnasium attire. A woman will twenty-five strokes with the left hand, derive just as much benefit from the Strike with the greatest regularity posmost awkward bag punching as from sible, and if one if the greatest regularity posmost awkward bag punching as from sible, and if one if the greatest regularity posmost awkward bag punching as from sible, and if one if the greatest regularity posmost awkward bag punching as from sible, and if one if the greatest regularity posmost awkward bag punching as from sible, and if one if the greatest regularity posmost awkward bag punching as from sible and if one if the greatest regularity posmost awkward bag punching as from sible and if one if the greatest regularity posmost awkward bag punching as from sible and if one if the greatest regularity posmost awkward bag punching as from sible and if one if the greatest regularity posmost awkward bag punching as from sible and if one if the greatest regularity posmost awkward bag punching as from sible and if the greatest regularity posmost awkward bag punching as from sible and if the greatest regularity posmost awkward bag punching as from sible and if the greatest regularity posmost awkward bag punching as from sible and if the greatest regularity posmost awkward bag punching as from sible and if the greatest regularity posmost awkward bag punching as from sible and if the greatest regularity posmost awkward bag punching as from sible and if the greatest regularity posmost awkward bag punching as from sible and if the greatest regularity posmost awkward bag punching as from sible and if the greatest regularity posmost awkward bag punching as from sible and if the greatest punching are greatest punching as from sible and sible and sible and sible are greatest punching as from sible and sible are greatest punching as from sible and sible are greatest punching as from sible are greatest punching as from sible ar most awkward bag punching as from sible, and if one is careful, as I say, the

> BUG FREAKS UG eccentricities are being brough a special collection by British Museum. It has

The Sea Cucumber.

The sea cucumber-one of the curiou ellylike bodies that inhabit the coeancan practically efface itself when it imager by squeezing the water out of its body and foreing itself into any nar row crack.

Sold by Bulk and Chunk Vegetables are usually sold in piles measure quantity as well as quality he eye; and butchers sell their meat b he chunk rather than by weight.

SMART TRIMMING.



usset brown cloth, with a novel braid evening Mr. Jagway abrent-mindedly put effect bordering the skirt and covering the blouse. The skirt has an exaggerated flare at the bottom



Published by the Press Publishing Company, 53 to 63 PARK ROW, New York. Entered at the Post-Office at New York as Second-Class Mail Matter.

## BABIES AND PET DOGS IN THE CHRISTMAS NEWS.

Eleven babies, step-children of the city of New York, fell ill of the measles over on Randall's Island. They were transferred

BABIES AND PET DOGS IN THE NEWS.

though the cold and the damp to distant plague hospitals. All of them died. When this story of Stepfather Knickerbocker's Merry Christ mas for his little ones was published there was

an inquiry and a discovery that, although nearly all the children thus transferred had died, the practice of making the transfers has been kept up. It was a part of "the system." Saving the lives of these babies happened not to be a part of "the system." So much the worse for "the system?" Not at all. So much the worse for the babies. They were created for "the sys tem," not "the system" for them.

This incident is illustrative of a tendency to indifference about

With that item of babies in the Christmas news put all the items you read about Christmas trees and Christmas parties for pet dogs. There were scores and scores of them in Greater New York alone. They are the signs of the great and growing habit of what may be called the "end-of-the-century family" -a man and his wife and their pet dog.

We cannot make a better start for the new century than by taking up this matter of the babies.

A baby is the most valuable investment a married couple can make. Also it is the most useful public service they can perform. The purchase and pampering of a pet dog is PET-DOGGERY not only not in the public interest but, if in-AS A BASIS FOR A FAMILY. | dulged in in a city, is directly hostile to the

public interest. As for its personal effect, what could be more pitiful for a human being than to waste his or her time in feeding, training and loving a dog?

One day Caesar saw some strange women in the streets of Rome with curled and perfumed and bedeeked dogs and monkeys in their arms.

"Do the women in their country," he asked contemptuously, 'never bear children ?'

. To found a family about a pet dog instead of about a baby is an exhibition of puerile folly and gross selfishness that cannot but excite the contempt and ridicule of the intelligent. What kind of craving for affection is it that can be satisfied with the wagging tail and licking tongue of a dog? What kind of a passion for occupation is it that can be quieted by valeting a brute?

The production of babies is the most important industry of the Republic. Yet it is a declining industry. And the statistics contain only a hint of the melancholy truth. Not only is our annual pro-

FACTS ABOUT

OUR MOST IM-

PORTANT

INDUSTRY.

CHILDREN FROM

THE STAND-

POINT OF EN-

LIGHTENED

SELF-INTEREST.

duction of babies-about 2,500,000, under 7,000 a day-vastly below what it should be, but also it is distributed in a distressingly

The great bulk of the production is among those least able properly to bring up children to

be, as Pythagoras said, "worthy citizens of a well-governed state." Those who are financially able to have the largest families have the smallest. Those who are best fitted to bring children into the world, Dag punching is the ideal indoor expected for women.

The object of all athletics is, of course, to get the blood to circulating on a level with the shoulders, and the left.

The object of all athletics is, of course, to get the blood to circulating on a level with the shoulders, and the left.

The most scientific.

In beginning, it is necessary to object of all athletics is, of course, to get the blood to circulating on a level with the shoulders, and the left.

Made him afraid to wend his way people of moderate means, simple tastes and democratic ideas—are people of moderate means, simple tastes and democratic ideas—are people of moderate means, simple tastes and democratic ideas—are people of moderate means, simple tastes and democratic ideas—are people of moderate means, simple tastes and democratic ideas—are people of moderate means, simple tastes and democratic ideas—are people of moderate means, simple tastes and democratic ideas—are people of moderate means, simple tastes and democratic ideas—are people of moderate means, simple tastes and democratic ideas—are people of moderate means, simple tastes and democratic ideas—are people of moderate means, simple tastes and democratic ideas—are people of moderate means, simple tastes and democratic ideas—are people of moderate means, simple tastes and democratic ideas—are people of moderate means, simple tastes and democratic ideas—are people of moderate means, simple tastes and democratic ideas—are people of moderate means, simple tastes and democratic ideas—are people of moderate means, simple tastes and democratic ideas—are people of moderate means, simple tastes and democratic ideas—are people of moderate means, simple tastes and democratic ideas—are people of moderate means, simple tastes and democratic ideas—are people of moderate means, simple tastes and democratic ideas—are people of moderate means, simple tastes and democratic ideas—are people of moderate means, simple tastes and democratic ideas—are people of moderate means, simple tastes and democra showing a growing disinclination to the cares of a family, a growing inclination to the pet-dog substitute.

> The reason for this is a growth of short-sighted selfishness. A baby is an increasing expense, makes increasing demands upon the nated by the latty as 'a cold.' Almost with male wings on one side and baby is an increasing expense, makes increasing demands upon the wings on the other, butterflies no forewings and insects with an time. It means fewer dinner parties, fewer theatres and suppers mal number of antennas or of legs. after the theatre, fewer gowns to gad about in and fewer hours to waste in gadding.

The lazy, the self-indulgent, the shallow cannot see the enormous compensations—the valuable material investment in the

certain success of a well-brought-up child when it is grown; the superb self-development, selfeducation in loving and earing for and teaching a child.

But worse than deliberate childlessness, worse than pet-doggery, is the neglect of a

Children owe nothing to their parents; on the contrary, the parents owe everything to the child. They introduce it into life. They endow it with all its fundamental tendencies and instincts. They wholly control its early environment. They set it the example which it obediently follows under the law of imitation.

If a child is ill-mannered, lacking in self-control, petulant, a bad child-pray, who taught it to be bad?

If a child has to be whipped, isn't it a grim sort of irony that the hand which led it astray should be the hand, which administers punishment? Education is the great overshadowing necessity for all of us.

The best way to education is the study and practice of the best methods of educating the mind of one's own child. Motherhood and fatherhood are grave duties-grave duties to

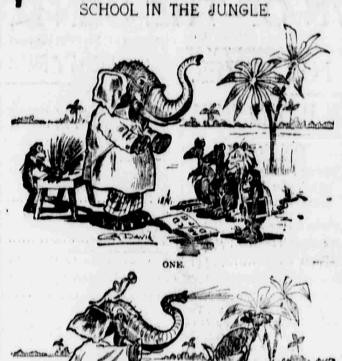
assume, grave duties to discharge. But the A COMPORTING most satisfactory point about duty is this: THOUGHT ABOUT The greater the duty the greater the re-DUTY.

ward for its faithful fulfilment. Let us have more babies in the Twentieth Century. And let

them be Twentieth Century babies with Twentieth Century parents.

ITS GENERAL DIRECTION. the faint aroma it exhaled, "this shows After taking his last mint julep for the the way in which he blows his money! he straw in his pocket. "Edith, you oughtn't to wear your

which Mrs. Jagway found when looking pink satin waist with a rainy-day skirt. "Edgar, you don't know a thing abou THESE THINGS GO WITH A LAUGH.



MANY FAIL TO COLLECT

Broker-It ought to be declared in-

LOADED FOR FAIR.



He stood on the bridge at midnight. Beneath the heaven's great don And the whiskey he carried Made him afraid to wend his way home.

## HE WOULD LIKE IT.

Henpeck-If you marry Dick, you need never expect me to come to se

Daughter-Just say that into the graphophone, won't you, please? Mrs. Henpeck-What for? Daughter-I want to give it to Dick as a wedding present.

"Ever notice there is not half the sentiment in literature there was twenty or thirty years ago?"

Said he to Maude. "I am no more Your Teddy Jones, but Mr., Unless you do as I now implore—

Ever notice there are not half | Be my wife, and not my sr." the liver-cure advertisements there were said Maude. "I'm yours forevermore;" twenty or thirty years ago?" Then Teddy up and kr.

well-known doctor, "than that desigeverybody speaks of having 'caught old,' when what is really meant is that the diseased process has seized their systems in spite of them.

By common consent the adjective bad' is always prefixed to a cold, beause they are all 'bad colds.' Now, the old is well founded, for fully three ourths of all the serious diseases conther organs.

"Ordinarily when one 'takes cold' the hair to protect our scalp,' and were it jeet to colds. irect action of a reduced temperature or cold is usually upon the membranes from exposure of the head more readily time-breathing should be done through of the body that open upon the surface, than from exposure of the face. Chilch as the nose and mouth. The inflammatory conditions which result in to bare heads. erfere with the normal conditions of the dy by which the nutritive changes of half the year, but people attend to their filter ng out all the bacterial life.

Train Up a Child in the Outdoor Way, Says a Doctor Who Knows His Business.

HERE is no more common, the dissues are disturbed, so the balance, affairs oblivious to it as far as their disease to which the human of health is overthrown and not enough health is concerned. They have become family is subject," says a animal heat is produced to neutralize hardened to it. Nature hardens the poor the lowered temperature of the body. by their circumstances and they "To avoid or prevent colds after they better for it. The more one houses himare once formed can best be brought self the less vigorous becomes his conabout by educating the system to quick- stitution.

ly neutralize any loss of body heat caused by too rapid exposure to cold. "The man who wraps his throat with a room for an hour or more, go out red rag to scare away the maring eleear with which everybody regards a and really exposes himself to disease the can't account for it.

moment he leaves it off. The more 'rough-and-tumble' a shild

is reared the better able is he to resist in

retain their wraps in a furnace-heated a lowered temperature, are chilled, and ments lowers the resistance of his body when the doctor arrives next day they sorts of wind and weather. Every hour

"Lad es proud of their furs virit friends.

the open a'r adds to the child's physinate in colds and many diseases of the elements. A person may be strong or dal development. If the child has obdelicate from habit. Nature gives us structed nasal passage, he will be subnot for hablt one would contract cold kept closed in cold air, as at any other than from exposure of the face. Chil- the noze, for the air is warmed by dien from infancy should be accustomed passing over the mucous membrane of the nose, thus making it warm before "In some countries rain falls steadily contact with the delicate lungs, and Advice to Seekers of Beauty;

very nervous work. Each hair has to

## HARRIET HUBBARD AYER.

No Magie Process for Development Dear Mrs. Aver:

I am going to attend a ball, and will wear a low-cut dress. My chest is no sernggy, but it could be improved. A friend of mine told me that warm office i applied nightly a few nights before would partially fill out hollows and proluce the desired effect. Please tell me how I should use the oil, and how many Brooklyn, N. Y. INTURESTED.

O treatment would have a percepti-ble effect for weeks, possibly for months. Olive oil would nourish e skin. I do not think it so good as t preparation which would contain lansine, as lanotine more quickly penetrates

Electricity Recommended.

war Mrs. Ayer: My nose is covered with small red veins, and they show very plainty. Kindly print a way to remove them. OLLIE. HERE is no simple remedy. Electricity is the best process, but the operation should be performed by

on't Attempt to Do This Yourself.

What will cure a wart which I n my first finger partly under the nail?

just how to isolate the wart.

Free Trentment for a Blemish.

place of some free Brooklyn clinic where from face and hands by the electric nee-

on my first fluger partly under the nail?

A. C. R.

HE wart you describe can be removed by an acid, but I do not think you should attempt to do this for yourself.

Any good physician will touch the papers where an offer was made of depliatories upon the market which to perform this operation, but I know are temporarily effective. If properly nothing of the facts. Now would have applied they keep the trouble in above the trouble in the papers where an offer was made of depliatories upon the market which to perform this operation, but I know are temporarily effective. If properly nothing of the facts. Now would have applied they keep the trouble in above the contraction.

created separately, and the average patient cannot endure treatment to more than fifty hairs at a sitting. When the Hair Falls Out.

A . A Right and Wrong Aids to Employ.

HARRIET HUBBARD AYER.

you tried to perform this simple opera-

Dear Mrs. Ayer:

Please let me know the name and TROUBLED ELSIE.

Kindly print a remedy to keep the hair from falling out or to thesen it. HAT you need is scalp massage. When the hair falls ou , as you de-serbe, there is something wrong with the circulation of the skin of the scalp, and nothing will so such remove this trouble as proper massage of the

You might try this lotion, which could used in connection with the friction: Ha'r Tonic-Phenis acid, 2 grams; tincture of nux vomica, 71-2 grains; tineture red cinchona, 50 grams; tincture of cantharides. 2 grams; cologne, 180 grams; get into serious mischief if sweet almond oil, 60 grams. Apply to the roots of the hair with a soft sponge once or twice a day. This lot especially good for very dry hair, This lotton is

Only One Sure Cure.

I am a young lady twenty-seven years Can you tell me how I can get it off







implying; "Dear, see if on my deak upstairs

I left some papers lying." 'I'll go at once," responded she, Her voice o'er all the clearest.

And let you know if they are there-Just wait a moment, dearest." She went away-he held the line

And stood there calmly waiting; The minutes passed no message Again the case he stated-

Or tried to; there was no response, And, his impatience growing, He tore his hair, and raved

around, His anger overflowing. He rang, he raged, he wildly

To central in his madness. When in the door his wife appeared. Her features beaming gladness.

Dear, I forgot to answer volu."

She said, seeing the flurry.

Here are the things. How do I



"Here are the things. How do I book?"

I dressed in such a hurry."

I dressed in such a hurry."

I dressed in such a hurry."

with braiding, give a thoroughly emart holes in them.

\*\*West mile by the such a hurry."

with braiding, give a thoroughly emart holes in them.

\*\*West mile by the such a hurry."

\*\*West mile by the such a